SALISBURY STATE UNIVERSITY

WOMEN'S BASKETBALL

1996-97

SSU at a glance

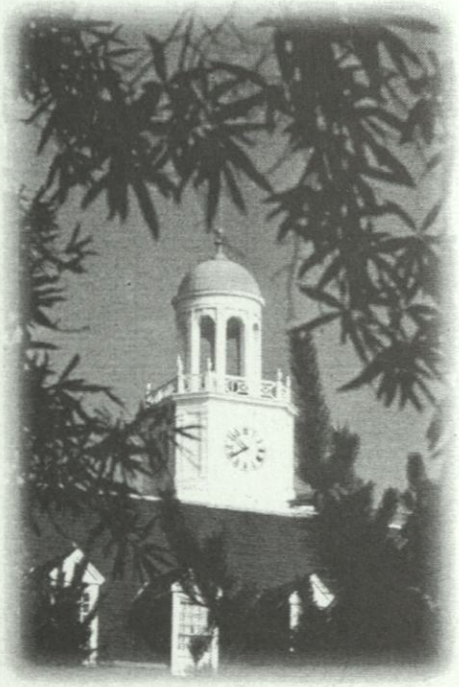
The resources of a University ...
6,000 students from 43 states and 29 foreign countries
29 undergraduate and 7 graduate programs
200 full-time tenure-track faculty, 85 percent with terminal degrees, including National Endowment for the Humanities scholars and Fulbright professors.
NCAA Division III Athletics, 9 men's, 10 women's intercollegiate teams; 22 intramural sports

... with small-school opportunities.
Approachable faculty (17:1 student/faculty ratio)
Honors program with dedicated faculty at the Bellavance Honors Center. Ten residence complexes including traditional, co-ed, suite and apartment styles.

The security of state support ...
1997-98 tuition, room, board and fees: $8,952 per year for Maryland residents; $12,704 per year out-of-state.
A library with over 800,000 volumes, periodicals, microforms and databases including word processing and computer labs. Access to collections throughout the country.

... with the benefits of private funding.
Altogether, SSU awards nearly $750,000 in academic scholarships each year. More than $16 million in private endowments supports some of those scholarships and provides for some of the finest educational programs.

In an ideal–and idyllic–location:
Salisbury, MD, is 30 miles west of the Atlantic Ocean and Ocean City, MD, and 20 miles east of the Chesapeake Bay; 2 hours from Baltimore, Washington, D.C. and Wilmington, DE. The campus is 2 1/2 hours from Norfolk, VA, and Philadelphia, PA, and 4 1/2 hours from New York.



Come see us–in person, or in cyberspace. We'd love to see your smiling face, but if you can't get here, check out our Web site.
We're at **http://www.ssu.edu.**

SSU's campus is in an attractive, residential neighborhood of stately homes on sculpted lawns, less than one-half mile from the banks of the Wicomico River. The campus includes 34 buildings on 125 landscaped acres. Students walk from one end of campus to the other in about 5 minutes.

Head Coach Bridget Benshetler

Now in her seventh season as the Sea Gulls' head coach, Bridget Benshetler is coming off two of the most successful seasons in the history of the Salisbury State women's basketball program. Benshetler guided the Gulls to a 21-7 record and their first ever appearance in the NCAA Tournament in 1995, then followed with a 19-9 campaign and a second straight trip to the NCAA Tournament last year. SSU advanced to the second round of the tournament in 1996.

In two seasons as a member of the Capital Athletic Conference, Salisbury State has won 23 of 28 regular season games and advanced to the CAC Tournament Championship game twice. In recognition of her efforts, Benshetler, who has a 79-73 career record, was named 1994-95 Coach of the Year in the Capital Athletic Conference.

A highly motivated and spirited coach, Benshetler brings an attitude of enthusiasm and energy to every Sea Gull game and practice. She is a firm believer in teaching the fundamentals of the game and constantly stresses hard work, attitude and togetherness to her squads. The Texas native also works hard in the offseason to promote women's basketball throughout the Eastern Shore, giving time to several clinics and camps designed specifically for girls in the region.

Prior to taking the reins at SSU in 1990, Benshetler initiated and piloted the women's basketball program at Penn State University, Delaware County. She also served as a volunteer assistant at West Chester University.

Benshetler is a 1986 graduate of Hofstra (NY) University, where she was a four-year member of the basketball team. She earned her M.S. in health and physical education from West Chester University in 1990. In addition to her duties as head coach, Benshetler also serves as an instructor in SSU's Physical Education Department.

Assistant Coaches

Now serving in her third season with the Sea Gulls, **Suzette Thom** is Benshetler's top assistant and is involved in virtually every aspect of the program. A native of Laurel, MD, Thom played collegiately at West Chester University. She is very active in SSU's recruiting efforts and works in practice primarily with the shooting guards.

Sea Gull staff (l-r), Assistant Coach Suzette Thom, Head Coach Bridget Benshetler, Assistant Coach Calvin Burrell.

Also in his third season as an assistant with the Gulls is Salisbury native **Calvin Burrell**. Like Thom, Burrell is very active in SSU's recruiting efforts and assists in almost every other phase of the program. Burrell's primary area of responsibility in practice is to work with SSU's forwards and centers.

Season Outlook

Sea Gulls Aim for CAC Championship, Return Trip to NCAA Tournament

With four returning starters from last year's 19-9 team and the addition of several newcomers who should make an immediate impact this season, the Sea Gulls have lofty expectations for the 1996-97 season. Last year, SSU finished as the Capital Athletic Conference's runnerup for the second straight year, then advanced to the second round of the NCAA Division III Tournament. This year's goals are to win the conference title, advance further in the postseason and add another 20 wins to the 40-victory total that the Gulls have amassed over the past two years.

The biggest challenge facing the team is to fill the void left by the graduation of leading scorer and rebounder Amy Fenzel, a first team all-conference and all-region forward last year. The backcourt should be solid with the return of guards **Dominique Lisa** and **Amy Cooke**. Lisa led the team in assists while finishing second on the team in scoring. Cooke, who started all 28 games, was the team's leading outside scorer with 29 treys last year and averaged 9.0 ppg. Senior guard **Ava Tasker,** who missed the 1995-96 season due to a knee injury, returns to the squad this year and will be the first guard off the bench.

Two returning starters in the frontcourt and the addition of three talented newcomers provides the Sea Gulls with plenty of depth up front. Sophomore **Maisha Ellis**, who finished second in rebounds and fourth in scoring last year, provides an explosive presence. Sophomore **Nakihah Baskerville** averaged 7.5 rebounds per game, second best on the squad, while starting 27 of 28 games. Sophomore forward **Gwen Gorely** (1.8 ppg, 1.8 rpg) saw significant playing time and should have a bigger role this season.

Two freshmen, **Jill Trout** and **Jessica LaTour**, will both be major contributors right away. Trout is a solid post player who should also help offset the loss of Fenzel's 11.2 rebounds per game. LaTour can play forward or guard and has the ability to score from both inside and from the perimeter. A third newcomer, **Joan Harris**, returns to the program after being away from the game for nearly 10 years, and will also contribute as a forward.

Sea Gull Quick Facts

Location	Salisbury, MD
Founded	1925
Enrollment	6,000
President	Dr. William C. Merwin
Colors	Maroon and Gold
Nickname	Sea Gulls
Affiliation	NCAA Division III, ECAC
Conference	Capital Athletic Conference (CAC)
Home Arena	Maggs Center
Capacity	2,000
Athletics Director	Dr. Michael P. Vienna
Athletics Dept. Phone	410-548-3503
Sports Information Director	G. Paul Ohanian
SID Phone	410-543-6016
SID Fax	410-543-6068
Head Coach	Bridget Benshetler
Alma Mater	Hofstra '86
Record at School, Years	79-73 (7th year)
Overall Record	Same
Coach's Phone	410-543-6003
Assistant Coaches	Suzette Thom, Calvin Burrell
1995-96 Record	19-9
Lettermen Returning/Lost	8/5
Starters Returning	4
Captains	Amy Cooke, Maisha Ellis, Ava Tasker

Returning Starters

Dominique Lisa	Sr	G	5'3"	11.4 ppg	5.5 apg	Finished 2nd in the CAC in assists
Amy Cooke	So	G	5'5"	9.0 ppg	5.3 apg	Led the team in free throws at 80.4%
Maisha Ellis	So	F	5'8"	8.6 ppg	7.4 rpg	10 pts, 10 rb in CAC Final
Nakihah Baskerville	So	F	5'10"	5.7 ppg	7.5 rpg	Finished 2nd on the team in rebounds

Players to Watch

Amy Cooke
Guard
5-6 Sophomore
East Windsor, NJ

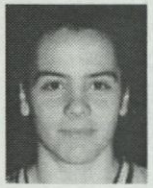
A steady and consistent performer who can play either guard position...Started all 28 games for the Gulls as a freshman...Finished third on the team in scoring at 9.0 ppg...Also averaged 5.3 assists per game, third best in the conference...Led the team in three-point field goals last season with 29...An excellent passer who also knows the game... Improved her strength in the offseason...Selected by her teammates as one of the captains this season.

Joan Harris
Forward
5-9 Junior
Salisbury, MD

Returning for her second stint with the Sea Gulls after playing for SSU in the mid-'80s...Has the ability to make a significant impact in the frontcourt this season...Displays good quickness and strength...Also exhibits a nice touch from the outside and runs the floor well...Will probably make her biggest contributions in the areas of rebounding and interior defense...Her maturity should have a positive effect on a relatively young squad.

Jessica LaTour
Guard/Forward
5-7 Freshman
Bricktown, NJ

A talented player who will likely be an impact player as a freshman...Will probably be one of the team's top scorers and rebounders this season...Has the ability to score off penetration or from the outside...Can be a threat from behind the arc...An excellent ball handler who exhibits a great spin move...Solid at the defensive end of the floor as well...A knowledgeable player who also finds a way to get to the free throw line.



Dominique Lisa
Guard
5-0 Senior
Brownstown, PA

Last year's second leading scorer with an 11.4 ppg average who also led the Gulls in assists with 153...Returning for her second season at SSU after transferring from West Chester University...Possesses exceptional quickness and speed... Considered to be the team's best open floor defensive player...A relentless worker in the offseason...Will be part of all the different looks and units that the Sea Gulls feature this season.

Jill Trout
Center
6-1 Freshman
Pottstown, PA

Another talented newcomer who should make an immediate impact on this year's team...Will be a solid presence for the Gulls in the middle...Displays good hands and a soft touch, with range to 12-15 feet...Utilizes her size very well as a post player...A very strong player who can also run the floor...Expected to be among the team's top scorers and rebounders this season.

Sea Gull Roster

No	Name	Pos	Yr	Hgt	Hometown	High School
10	Dominique Lisa	G	Sr	5-3	Brownstown, PA	Conestoga Valley
12	Shannon Noon	G	Fr	5-6	Millersville, MD	Arundel
14	Ava Tasker	G	Sr	5-6	Annapolis, MD	Broadneck
20	Amy Cooke	G	So	5-5	East Windsor, NJ	Notre Dame
21	Maisha Ellis	F	So	5-8	Lanham, MD	St. John's
22	Gwen Gorely	F	So	5-10	Gaithersburg, MD	Gaithersburg
23	Joan Harris	F	Jr	5-9	Salisbury, MD	Delmar
25	Katea Murray	C/F	Fr	5-10	Bel Alton, MD	McDonough
31	Mary Chicorelli	G	So	5-6	Severn, MD	Old Mill
33	Jessica LaTour	G	Fr	5-7	Bricktown, NJ	St. Rose
35	Jill Trout	C/F	Fr	6-1	Pottstown, PA	Pottsgrove
42	Jen Muller	G	So	5-6	Long Valley, NJ	West Morris Central
45	Nakihah Baskerville	C/F	So	5-10	Suitland, MD	St. Johns

Head Coach — Bridget Benshetler, seventh year

Assistants — Suzette Thom, Calvin Burrell

Gulls Picked Second in CAC Race

Salisbury State, which has finished as the Capital Athletic Conference's runnerup in each of the past two seasons, has been picked to finish second once again in 1996-97. The selections are based on the preseason picks made by the CAC's eight head coaches. Six-time league champion Marymount University is the favorite to capture the conference crown again this year. Salisbury has amassed an impressive 23-5 regular season record in two years as a member of the conference. The Gulls have also advanced to the conference tournament's championship game in each of those two years, falling to Marymount in the final. The preseason poll results:

1) Marymount	5) Goucher
2) Salisbury State	6t) St. Mary's
3) Mary Washington	6t) Gallaudet
4) York	8) Catholic

Team Records – Single Game

Most Points Scored	109 vs Coppin State	12-6-74
Fewest Points Allowed	12 vs Coppin State	12-6-74
(before 1974)	0 vs Villa Julie	3-3-62
Largest Margin of Victory	97 points vs Coppin State	12-6-74
Fewest Points Scored	33 vs Towson State	1-24-78
(before 1974)	12 vs Bridgewater	2-12-65
Most Field Goals Made	50 vs Coppin State	12-6-74
Best Field Goal Percentage	.621 vs Stockton State	2-22-86
Most Free Throws Made	33 vs Catholic	3-1-85
Most Free Throws Attempted	49 vs Catholic	3-1-85
Best Free Throw Percentage	.917 (11-12) vs Stockton State	2-22-86
Most 3-Point Field Goals Made	10 vs. West Chester	2-4-92
Most 3-Point Field Goals Attempted	34 vs York (PA)	2-21-89
Best 3-Point FG Percentage	.750 (6-8) vs Lebanon Valley	12-3-89
Most Rebounds	77 vs. Jersey City State	11-24-91
Most Assists	32 vs. Rutgers/Camden	2-19-86
Most Steals	39 vs. Jersey City State	11-24-91
Most Blocked Shots	9 vs. Frostburg State	1-21-86

The Recordbook

Individual Records

Most Points			
Game	40	Dawn Webb vs. Shenandoah	1-28-89
	39	Sandy Jankevicius vs. Mary Washington	12-5-89
	38	Gail Tatterson vs. Towson State	3-4-77
	38	Jen Boone vs. Chris. Newport	11-26-91
Season	597	Dawn Webb	1988-89
Career	1503	Dawn Webb	1985-89
Most Rebounds			
Game	32	Kim Roth vs. Lynchburg	12-16-93
Season	480	Dawn Webb	1988-89
Career	1329	Kim Roth	1991-95
Most Assists			
Game	15	Vicki Miller vs. Lincoln	2-13-90
	15	Diana DeJesus vs. Rutgers/Camden	2-19-86
Season	209	Diana DeJesus	1985-86
Career	554	Diana DeJesus	1982-86
Most Field Goals Made			
Game	17	Josie Harper vs. UMES	1-18-83
Season	239	Dawn Webb	1988-89
Career	620	Amy Fenzel	1991-96
Most Free Throws Made			
Game	14	Sarah Jones vs. Kean	1-7-94
Season	118	Dawn Webb	1988-89
Career	326	Dawn Webb	1988-89
Most Three-Point Field Goals Made			
Game	7	Gini McDowell vs. West Chester	2-3-92
	7	Jen Boone vs. Cabrini	1-25-92
Season	50	Sandy Jankevicius	1989-90
	49	Jen Boone	1991-92
Career	97	Christie Ivison	1987-91
Most Steals			
Game	12	Vicki Miller vs. Shenandoah	1-16-91
	12	Jeannie Daly vs. Jersey City St.	11-24-91
Season	144	Vicki Miller	1990-91
Career	368	Vicki Miller	1987-91

Career Scoring Leaders

Name	Yrs	Pts
1) Dawn Webb	1985-89	1503
2) Amy Fenzel	1991-96	1477
3) Kim Fiedler	1983-87	1456
4) Myra Sturgis	1984-88	1394
5t) Josie Harper	1979-83	1293
5t) Kim Roth	1991-95	1293
7) Jen Boone	1989-93	1210
8) Sandy Jankevicius	1986-90	1198
9) Gail Tatterson	1973-77	1168
10) Kristi Kauffman	1993-96	870
11) Sara Marvel	1983-85	790
12) Diana DeJesus	1982-86	738
13) Vicki Miller	1987-91	733
14) Barb King	1978-82	731
15) Margie Knight	1975-79	704

Career Rebound Leaders

Name	Yrs	Rebounds
1) Kim Roth	1991-95	1329
2) Dawn Webb	1985-89	1254
3) Amy Fenzel	1991-96	991
4) Josie Harper	1979-83	914
5) Myra Sturgis	1984-88	839
*6) Gail Tatterson	1973-77	567
7) Cindy Daugherty	1976-80	560
8) Kim Fiedler	1983-87	488
9) Sandy Jankevicius	1986-90	481
10) Terry Neville	1975-78	480

* Rebounds not officially recorded until 1975-76 season.

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1996-97 Sea Gull Schedule

Date	Opponent	Site	Time
Nov. 22	Penn State-Behrend Tournament	Erie, PA	
	SSU vs. Defiance		6 p.m.
	Fredonia vs. Penn St-Behrend		8 p.m.
Nov. 23	Consolation & Championship Game		1/3 p.m.
Nov. 26	Christopher Newport	Newport News, VA	5:30 p.m.
Dec. 4	CATHOLIC *	Salisbury	5:30 p.m.
Dec. 6	SALISBURY GULL CLASSIC	Salisbury	
	Chris. Newport vs. Penn State-Behrend		1 p.m.
	SSU vs. NC Wesleyan		6 p.m.
Dec. 7	Consolation & Championship Game		1/6 p.m.
Dec. 10	YORK *	Salisbury	5:30 p.m.
Jan. 7	TRENTON (College of New Jersey)	Salisbury	6 p.m.
Jan. 10	King's College Tournament	Wilkes-Barre, PA	
	SSU vs. Misericordia		6 p.m.
	Juniata vs. King's		8 p.m.
Jan. 11	Consolation & Championship Game		2/4 p.m.
Jan. 14	NOTRE DAME (MD)	Salisbury	6 p.m.
Jan. 16	Gallaudet *	Washington, D.C.	7 p.m.
Jan. 18	GOUCHER *	Salisbury	2 p.m.
Jan. 20	WESLEY	Salisbury	6 p.m.
Jan. 22	MARYMOUNT *	Salisbury	5:30 p.m.
Jan. 25	Mary Washington *	Fredericksburg, VA	4 p.m.
Jan. 29	Catholic *	Washington, D.C.	6 p.m.
Feb. 1	ST. MARY'S *	Salisbury	4 p.m.
Feb. 5	GALLAUDET *	Salisbury	5:30 p.m.
Feb. 8	York *	York, PA	2 p.m.
Feb. 11	Goucher *	Towson, MD	7 p.m.
Feb. 15	MARY WASHINGTON *	Salisbury	5:30 p.m.
Feb. 18	Marymount *	Arlington, VA	6 p.m.
Feb. 22	St. Mary's *	St. Mary's City, MD	4 p.m.
Feb. 25	CAC Tournament - Quarterfinals		TBA
Feb. 27	CAC Tournament - Semifinals		TBA
Mar. 1	CAC Tournament - Championship		TBA

* Indicates Capital Athletic Conference game
Home Games in CAPS

SSU's Athletics Philosophy

Salisbury State University, a member of the National Collegiate Athletic Association's (NCAA) Division III, offers 19 intercollegiate sports for men and women. In addition to NCAA membership, SSU competes as a member of the Capital Athletic Conference (CAC) and the Eastern College Athletic Conference (ECAC).

As a member of the NCAA's Division III, Salisbury State places the highest priority on the overall quality of the educational experience. In doing so, it seeks to strengthen the integration of objectives and programs in athletics with academic and developmental objectives, and to assure the integration of athletes with other students.

SSU places special importance on the impact of athletics on the participants, with emphasis on the internal constituency (students, alumni and special friends) rather than on the general public and its entertainment needs.

The SSU athletics program is further characterized by the following principles:

- Participants receive the same treatment as other students. They have no unique privileges in admission, academic advising, course selection, grading, living accommodations or financial aid. Similarly, athletes are not denied rights and opportunities that would be available to them as non-athletes.

- Sports for men and women are given equal emphasis and the desired quality of competition is similar in all sports.

- Students are supported in their efforts to reach high levels of performance by providing them with adequate facilities, competent coaching and appropriate competitive opportunities with students from similar institutions.

- SSU strives to make the student-athlete's participation in intercollegiate athletics an enriching experience, and holds genuine concern for each participant's welfare. The intercollegiate program's foremost goal at all times is to supplement and enrich the first priority of the University, which is academic accomplishment.

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NCAA

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